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Navy and Marine Corps Medical News  
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Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

#### Stories

##### Contents for this week's MEDNEWS:

- DOD further slows anthrax vaccination effort
- RADM Potter receives Laureate award
- TSC Great Lakes named heroes of TRICARE
- Food pathogens are easier to detect with new technology
- Naval Medical Center hosts trauma symposium
- TRICARE question and answer
- Healthwatch: Good posture boosts energy

##### Headline: DOD further slows anthrax vaccination effort

From Office of the Assistant Secretary of Defense

WASHINGTON - The Department of Defense (DoD) will further slow its Anthrax Vaccine Immunization Program (AVIP). This action is consistent with its previously announced plan to do so if supply was not increased by year's end. This further slowing reduces vaccinations in all theaters except Southwest Asia.

This move is necessary to conserve available vaccine supply while protecting those service members at greatest risk and maintaining a contingency reserve for unexpected domestic or terrorist requirements.

A full resumption of the vaccination effort will begin when a sufficient supply of FDA-approved and certified safe and effective vaccine is available next year.

Anthrax remains the top biological warfare threat to U.S.

troops and vaccination is the safest, most reliable way to protect service members from a potential threat that is 99 percent lethal to unprotected, untreated individuals. More than 495,000 service members have started their vaccinations and nearly two million vaccinations have been given.

While progress continues to be made in the re-licensing effort at Bioport, it is unlikely that production will resume in time to allow maintaining a contingency reserve without the additional slowdown.

According to Marine Corps Maj. Gen. Randall L. West, senior advisor to the deputy secretary of Defense for Chemical and Biological Protection,

"We are now focusing our vaccination efforts on those members serving in areas deemed to be at greatest risk, and that is Southwest Asia. We take this action to responsibly manage our limited supply of anthrax vaccine while we continue our efforts toward FDA licensing of the anthrax vaccine production facility and resumed vaccine production, West said."

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Headline: RADM Potter receives Laureate award  
From Bureau of Medicine and Surgery

WASHINGTON - RADM Bonnie Potter, Fleet Surgeon, U.S. Atlantic Fleet, was recently awarded the Laureate award for her abiding commitment to excellence in education, research and medical care.

The award, presented by the American College of Physicians-American Society of Internal Medicine (ACP-ASIM) in the U.S. Navy Region, honors fellows with a long history of excellence and peer approval in the specialty of internal medicine.

"Admiral Potter has been a loyal supporter of the ACP and has rendered distinguished service to the region and upheld the high ideals and professional standards for which the ACP-ASIM is known," said Capt. Angeline Lazarus, Governor, U.S. Navy Region.

Potter began her medical career in the Navy, completed her internship and residency in internal medicine at the Naval Regional Medical Center, Oakland, CA. Her years of dedication to Navy Medicine later elevated her to Commander, National Naval Medical Center, Bethesda, Md., and Chief, Medical Corps, Bureau of Medicine and Surgery, Washington, DC.

In December 1999, Potter reported as Fleet Surgeon, U.S. Atlantic Fleet. Additional duties include Command Surgeon, U.S. Joint Forces Command and Medical Advisor, Allied Command, Atlantic.

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Headline: TSC Great Lakes named heroes of TRICARE  
By LT Youssef Aboul-Enein, Naval Hospital Great Lakes

The TRICARE Service Center Great Lakes was awarded the Heroes of TRICARE award this week for its commitment to 100 percent customer satisfaction.

The TRICARE Management Activity, which runs the program nationwide for the Secretary of Defense for Health Affairs,

recognizes a person or organization that contributes to the success of TRICARE within their region.

The 14 staff members who make up the Great Lakes TRICARE Service Center have taken the "Treat Everyone As Me (TEAM)" approach in solving complex health benefits issues and providing rapid access to beneficiaries in the Great Lakes region.

"If a beneficiary has a problem with mounting healthcare costs, billing problems or getting specialized care that is not provided by the military, they are referred to the TRICARE Service Center, which helps them solve their issues and get the most out of their hard-earned health benefits," said Ms. Janet Geller, TRICARE Area Manager.

Geller attributes this success not only to her staff who fully appreciate military families wanting to get care for their loved ones but also to the fact that the Service Center is located within the Naval Hospital, making access to these health benefits experts quick and convenient.

"The TRICARE Service Center staff at Great Lakes receive 100 referrals weekly, 75 walk-ins daily and 190 telephone calls per day. Each is an opportunity to implement a positive attitude for change," said CAPT Elaine Holmes, MC, Naval Hospital Great Lakes Commanding Officer.

The hospital also requires all newly reporting members checking into Naval Training Center Great Lakes to visit the TRICARE Service Center in an effort to orient new families to healthcare options available in this region.

These Heroes of Healthcare will receive a letter from Dr. James Sears, TRICARE Management Activity Director and will be honored at the annual Department of Defense TRICARE Conference in January.

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Headline: Food pathogens are easier to detect with new technology  
From Naval Medical Research Center

SILVER SPRING, Md - Capturing and identifying the germs that cause thousands of cases of food poisoning in the United States every year may soon become faster and more accurate following the testing of new technologies developed by the U.S. Navy.

A collaborative research agreement between Rocky Mountain Resource Labs and the Naval Medical Research Center (NMRC) will validate improved methods for detecting four dangerous food pathogens: Salmonella, Listeria, E. Coli, and Campylobacter.

The project links two new food safety technologies. One, developed by NMRC, can detect and quantify any of the four pathogens in 24 hours or less. The second is a vacuum-sampling unit developed by the Rocky Mountain Resource Lab. The vacuum lifts pathogens from cracks and crevices in foods and other surfaces, enhancing the accuracy of microbial sampling.

Both partners hope to improve methods for identifying and quantifying pathogens in food to reduce the public health risks.

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Headline: Naval Medical Center hosts fourth annual trauma

symposium

By JO2 Stacie Rose, Naval Medical Center San Diego

SAN DIEGO - The Naval Medical Center here hosted its fourth annual Trauma Symposium last month, entitled "Bringing 21st Century Trauma Care to the Low Intensity Theatre."

The event was sponsored by the medical center and supported by the Bureau of Medicine and Surgery, Office of the Lead Agent for TRICARE Region 9, and the Henry M. Jackson Foundation.

The two-day symposium was broadcast around the world by satellite and viewed at 88 sites across the country, with nearly 900 viewers nationwide. This year, an audience response system (ARS) allowed 250 people in the medical center's auditorium to answer questions. The distribution of responses was instantly analyzed and displayed.

"This brought the audience into the conference and contributed to the conference's success," said Cmdr. Lawrence Roberts, one of the event coordinators.

In the courtyard, Camp Pendleton's Fleet Hospital Operations and Training Command set up a mock fleet hospital, complete with high-tech trauma mannequins, and the latest technology in military medicine.

Four computers were used to demonstrate web-based and CD-ROM trauma training tools that are now available.

Breakout sessions where medical corps and nurse corps personnel, and hospital corpsmen were separated for 90 minutes, then reunited, proved to be a valuable tool to discuss subtle differences in approaches and management.

"I believe conferences such as this enhance our ability as military healthcare teams and strengthen our resolve for readiness training," said Roberts.

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Headline: TRICARE question and answer

Question: If my family moves to a different region, are we (active duty) automatically assigned a new Primary Care Manager, or do we have to re-enroll?

Answer: Enrollment in TRICARE Prime entails the assignment of a Primary Care Manager, enrollment in DEERS, and communication with the member on what enrollment in the TRICARE program means. For active duty members, enrollment is automatic. For active duty family members, enrollment in TRICARE Prime is on a voluntary basis.

Currently, if you move to a different region, you will have up to 30 days at the new site to enroll. Your old region will cover you for care until you enroll at the new region. Enrolled members will start a new 12-month enrollment period.

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Headline: Good posture boosts energy

From TRICARE Management Activity

WASHINGTON - You may think it's more comfortable and restful to slouch while using your keyboard or to lean on your desk with your elbows while reading. But in the long run, it

isn't.

In fact, poor posture, the stress of leaning over paperwork and straining to peer at computer screens may eventually cause muscle tension, stiffness, backaches, neck cramps and fatigue. Such habits can even lead to more serious problems such as spine disorders or pinched nerves.

Slouching can overstretch the ligaments that support your spine. Cradling a telephone receiver between your head and shoulder can give you a stiff, sore neck. Sitting in one position for long periods can reduce circulation in your muscles, increasing fatigue and stiffness and setting you up for injury.

Here are the major components of healthy and energizing-posture: Whether sitting or standing, keep your ears, shoulders and hips stacked in a straight line to keep the natural curves of your spine in its normal, balanced alignment. Adjust your chair height so that your feet are flat on the floor or on a footstool. Avoid crossing your legs.

Slide your chair under your desk so you won't have to lean too far forward. If your chair is at a comfortable height, your knees will be level with or slightly lower than your hips. Support your lower back with the back of your chair.

For additional support use a cushion, lumbar roll or rolled up towel and place it in the small of your back. Place books and papers in a book stand or document holder the same distance from you as your computer screen. Make sure such documents and the computer screen are at or slightly below eye level.

Do not cradle the telephone receiver between your head and shoulder, use a headset or speakerphone or simply hold it to your ear with your hand. Stretch about once an hour. Avoid staying in one position for hours at a time. Stand up, breathe deeply, stretch and shake out the kinks.

Just a few minutes an hour should stimulate circulation and keep you limber. You may accomplish a lot at work despite bad posture, but you'll get a surprising energy boost and be able to accomplish even more when you practice good posture. Good posture contributes to deep breathing, healthy organ function and good circulation -- all great energy boosters.

It may take a little practice, but the return in comfort and energy will go a long way toward helping you look and feel your best.

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Comments and ideas for MEDNEWS are welcome. Story Submissions are highly encouraged. Contact MEDNEWS editor, At email: mednews@us.med.navy.mil; telephone 202-762-3218, (dsn) 762, or fax 202-762-3224.